

FRONT & CENTER

JUNE 2013

ENFIELD SENIOR CENTER NEWS AND ACTIVITIES

Enfield Police Senior Picnic

Sponsored by Enfield Police Union and Police Benevolent Association

Friday, June 7 • 12 pm

Free with ticket

The Enfield Police Department would like to get to know the older adults in the community. They are sponsoring the 3rd annual picnic with free hot dogs and hamburgers at Enfield Rotary Park at the Enfield Senior Center. Bring chairs along and enjoy an afternoon with these dedicated men and women. The Enfield Senior Center will sponsor the entertainment.

Volunteer Recognition Event

Our Volunteers Are a Hard Act to Follow

Friday, June 28 • 5 pm

All volunteers who have donated more than fifty hours of their time are invited to be a part of this special evening. We appreciate all that you do every day. Please register and pick up your ticket at the Senior Center front desk.

**YOU ARE INVITED
TO CELEBRATE**

*The 10th Anniversary of
the Enfield Senior Center*

On Friday, June 14 at 3 pm

*Join us for **The Best is Yet To Come**
Rob Zappulla and band salute Frank Sinatra
Please pick up your free ticket at the front desk.*

We would like to honor all of our participants over the last 10 years with this free event. Everyone who takes classes, attends events, volunteers, joins the Fitness Center, has a lunch or just stops in for coffee has made the Enfield Senior Center a great place to be. Enjoy wonderful music, have a few appetizers, and visit with friends as we celebrate you. Dial-a-Ride will offer extended hours so that everyone may attend.



Connecticut Medical Supply, LLC

243 Hazard Ave., Enfield

*Your Full Service Home
Health Care Center*

WE RENT

- Wheelchairs • Lift Chairs
- Hospital Beds • and more



**62 & over
Everyday 10%
Sr. Discount**

We bill Medicare Title 19 and Insurance

15% OFF

ANY ITEM IN THE STORE

Not to be combined with any other offers or discounts. Valid on in-store purchases only, with coupon, exp. 6-30-13

FREE DELIVERY! Mon.-Fri. 9-5, Sat. 9-1

Connecticut Medical Supply: 860-749-4070



INSIDE THIS ISSUE:

2012-2013 Annual Appeal.....	11
AARP, Clubs & Groups	11
Arts, Crafts, & Recreation.....	7
Clinics, Screenings, Support	12
Dining Out Around Town.....	15
Enfield Seniors Community Directory	14
Fitness Programs	4-5
Memorial Donations	13
Ongoing Programs	13
Programs & Services at the Senior Center & Community	10
Seminars.....	9
Senior Net Computer Classes.....	6
Special Events	3
Trips.....	8-9

Don't Want the Newsletter?

If you do not want to receive Front & Center, please e-mail, call or stop in to let us know that we should take you off the mailing list. We want everyone who wants to receive the newsletter to take advantage of this free service. If you do not use it, however, it would save postage costs and be environmentally friendly.

ENFIELD SENIOR CENTER

299 Elm Street, Enfield, CT 06082

PHONE: (860)763-7425

FAX: (860)763-7429

E-MAIL: SeniorCenter@enfield.org

WEBSITE: www.enfield-ct.gov

Click on Senior Center

Like us on Facebook

HOURS: Office opens at 8:30 am

Monday - Thursday 8 am - 8 pm

Friday 8 am - 5 pm

SENIOR COMMUNITY CAFÉ

(860)763-7428

For lunch reservations call by noon the day before and leave a message

SENIOR CENTER PHONE LIST:

Main Office(860)763-7425

Arts & Crafts.....(860)763-7437

PRIME Fitness Room.....(860)272-3554

Meals on Wheels(860)763-0400

Dial-a-Ride(860)272-3545

First sign up day for July & August classes

Signups start at 8:30 am.

Please bring a completed registration form and cash or a check payable to the Enfield Senior Center.

For July & August Classes

R Tues., June 11 **NR** Tues., June 18

Registration Policies:

- Registrations are taken in person beginning on the dates and times above.
- No registrations are taken prior to the first sign up date.
- Only one registration per person is accepted on the first sign up day.
- Mail-in registrations are processed after those in person have been registered. Please do not send cash. A completed registration form must be included.

Refund Policies:

- Refunds are made in full for those withdrawing before a class begins.
- Refunds are given for medical reasons, with a doctor's authorization, or if the Enfield Senior Center cancels the class.



Upcoming Events

The Sounds of Frank
Thursday, July 25 • 6 pm

Blue Skies Big Band
Thursday, August 15 • 6:30 pm

Corvettes Doo Wop Review
Friday, September 27 • 6 pm

Summer is here!

Let ShopRite help you with
all your summer needs!



ShopRite of Enfield

40 Hazard Avenue • (860) 745-1621

Super Coupon

Present This Coupon at Time of Purchase Order,
Pickup or Delivery to Receive Discount

Up to One (1) lb. of
Fresh Salmon
OR
One (1) pkg. of Store Made
Salmon Burgers 2-Pk.

50% OFF

With this coupon. Limit one per family.
Void if reproduced, sold or transferred. Cash value 1/100 cent.
Good at any ShopRite® store. © 2013 Wakefern Food Corp.
Effective Sat., June 1 thru Sun., June 30, 2013.

0 051530 8

Special Events

All tickets for catered events may be purchased up to the day before the event and are not sold at the door. Please register in advance for all seminars at the Senior Center office or call 860-763-7425. Assistive Hearing Devices are available in the front office for all programs.

3



Meet Our Volunteers • Kitchen Volunteers

We serve a meal at the Enfield Senior Center every day, Monday through Friday, at noon. The meal is prepared at the Community Renewal Team site and delivered to senior centers throughout the area. Once the meal arrives, a team of experienced volunteers takes the meal to the warming trays and the process of serving the lunch begins. The volunteers work quickly to serve lunch so it is piping hot.

It takes many dedicated volunteers to serve over 100 people every day. Volunteers check in reservations, wrap silverware, prepare plates and bowls, set tables, make coffee, fill plates, serve the hot meal, and then clean up after. Tables are sanitized and pots are scrubbed.

Bob Lucey leads this talented group in his kind way. We are fortunate to have so many people helping to serve the meal. Their dedication makes the Enfield Senior Center Community Café a lovely place to dine.

Be the First to Know – There are many ways to find out what is happening at the Enfield Senior Center. You can get the information as soon as it is available.

- **MAIL** - If you are reading this you know that you can get a comprehensive list of classes and events in the monthly issue of Front & Center. Enfield residents can have it mailed to their homes at no charge. If you are not on our mailing list, please complete a form available at the front desk.
- **E-MAIL** - On the Town of Enfield website, you can sign up to have the newsletter, weekly news release and other information from the Senior Center sent directly to your e-mail by registering. Go to "Social Media" and then "E-Mail Subscriptions" and check "Senior Center News Release."
- **ONLINE** - You can find the newsletter, monthly menus, calendars and trip information at our website at www.enfield-ct.org and scroll down to Senior Center. Often the newsletter is posted before it is mailed.
- **FACEBOOK** – You can learn about upcoming events, classes and trips, post comments and pictures, and be a part of the discussion. Find us on Facebook. "Like" us.
- **NEWSPAPER** – A weekly news release is published in the Journal Inquirer and Enfield Press.

Afternoon

Ballroom Dance

Friday, July 26 • 2 pm

Friday, August 23 • 2 pm

\$3 per person at the door



Movie & Ham Grinder Night

The Guilt Trip

Thursday, June 6 – 5 pm

Meal – \$5 order in advance please, 5 pm

Movie – \$2 at the door, 6 pm (95 minutes)

An inventor and his widowed mom hit the road together so he can sell his latest invention.

A comedy starring Barbara Streisand and Seth Rogen.

Pay \$2 for movie only at the door on Movie Night.

Home & Community Health Services, Inc.

Your Home Town VNA & Hospice

jmmc

101 Phoenix Avenue, Enfield, CT 06082

Phone: (860) 763-7600

Intake Fax: (860) 763-7620

www.jmmc.com

Home Care Services include:

- Visiting Nurses
- Hospice and Palliative Care
- Physical, Occupational, Speech Therapy
- Bereavement Counseling



(860)763-7600 • 101 Phoenix Avenue, Enfield, CT

4 Fitness Programs

R Residents **NR** Non-Residents

Log on at www.enfield-ct.gov scroll down to **senior center**

PRIME Fitness Center

Mon to Thurs • 8 am – 8 pm

Friday • 8 am – 4:30 pm

PRIME Fitness at the Enfield Senior Center makes fitness comfortable, safe and fun. Experienced Fitness Assistants staff the fitness center, design a program tailored to your needs and answer any questions you have.

Membership Options

Choose the PRIME Fitness membership fee that works for you and your schedule.

\$25 for a month | \$60 for 3 months

\$100 for 6 months

\$150 for a year – Half the cost of a monthly membership!

New Member Package includes:

- One hour individualized program design consultation
- Training on all machines
- Program supervision and supervised workout
- Optional Fitness Assessment

To schedule an appointment with a Fitness Assistant or for an answer to any questions, call 860-272-3554.

Chair Exercises

Mon, Wed & Friday • 11 am – Noon

Free

Improve flexibility, coordination & stamina.

No Chair Exercises on June 14.

Jan's Exercise

Mon, Wed & Fri • 9 – 10 am

Jun 3 – 28

1-day 4 classes

R \$15 **NR** \$20

2-day 8 classes

R \$24 **NR** \$32

3-day 12 classes

R \$33 **NR** \$44

July 1 – 31

1-day 5 classes

R \$18 **NR** \$24

2-day 10 classes

R \$30 **NR** \$40

3-day 14 classes

R \$39 **NR** \$52

August 2 – 30

1-day 4 classes

R \$15 **NR** \$20

2-day 7 classes

R \$21 **NR** \$28

3-day 10 classes

R \$27 **NR** \$36

No classes on August 12, 14 or 16.

Stretches for every part of the body.

This class meets on Monday, Wednesday and Friday, allowing you the flexibility to attend any day the class meets up to the maximum number for which you are enrolled.

Line Dancing

Mondays • 1 – 2 pm

Jul 1 – Aug 26 9 classes

R \$27 **NR** \$36

After taking a basic class, or if you have line danced before, you will enjoy learning in this class.

Line Dancing – Introduction

Thursdays • 4 – 5 pm

Jul 11 – Aug 29 8 classes

R \$24 **NR** \$32

This class is designed for individuals who have no experience in line dancing and would like to learn the very basics.

Pilates

Thursdays • 4:30 – 5:30 pm

Jul 11 – Aug 8 5 classes

R \$20 **NR** \$25

Pilates is a mind-body exercise that focuses on strengthening the core. It is gentle to your body but still a challenging workout.



FREE DAYS!

This coupon is good for up to
5 FREE CONSECUTIVE DAYS IN ONE WEEK

at the Enfield Adult Day Center. For new clients only

Pay for 3 weeks get 1 FREE!

Expiration date: 6/30/2013

Town of Enfield Adult Day Center

1A Beech Rd, Enfield

860.763.7537

Learn how to protect your assets
from long term care costs *even without*
long term care insurance

Call for a Free consultation and Free report today!

1-800-679-2771

WEALTH PRESERVATION GROUP, INC.
Working to Preserve Your Wealth



John G. Dee, President

*Estate Planning
Protecting Assets from Nursing Home Costs
High Yield Principal Protected Accounts*

111 Hazard Avenue, Enfield

Conveniently located next to the Country Diner in the Enfield Orthopedic Building



Simply Stretch & Strengthen with Lynne

Mondays • 10:30 – 11:30 am

Jul 1 – Aug 26 9 classes

R \$27 **NR** \$36

Fridays • 10:30 – 11:30 am

Jul 5 – Aug 30 9 classes

R \$27 **NR** \$36

Stretch and strengthen every part of your body, relax and revitalize with breathing exercises, improve your balance with simple yoga postures both seated and standing. This class is for all ability levels and will not involve mat work or getting down on the floor.

Stretch, Roll & Strengthen

Tuesdays • 10:30 – 11:30 am

Jul 2 – Aug 27 9 classes

R \$27 **NR** \$36

Learn to use the ladder, stability balls, hand weights and resistance tubing for a full-body exercise session.

Tai Chi – Introduction

Wednesdays • 3:30 – 4:30 pm

Jul 3 – Aug 28 9 classes

R \$27 **NR** \$36

This class is designed for the person who has never taken Tai Chi before.

Tai Chi

Tuesdays • 8:45 – 9:45 am

Jul 2 – Aug 27 9 classes

R \$27 **NR** \$36

Continue your practice over the summer in this class suitable for all levels.

Yoga – Chair and Standing

Tuesdays • 11 am – Noon

Jul 2 – Aug 27 8 classes

R \$32 **NR** \$40

No class on August 6

A series of stretches & movements with no mat work that leave you energized & relaxed. Positions designed for older adults.

Yoga – All Levels

Tuesdays • 9 – 10 am

Jul 2 – Aug 27 8 classes

R \$32 **NR** \$40

No class on August 6

Tuesdays • 10 – 11 am

Jul 2 – Aug 27 8 classes

R \$32 **NR** \$40

No class on August 6

Thursdays • 6 – 7 pm

Jul 11 – Aug 29 7 classes

R \$32 **NR** \$40

No class on August 8

For active adults who want to incorporate mat work on the floor into their yoga practice. The instructor will guide you through modified sun salutations and postures.

Zumba Gold

Mondays • 6:15 – 7:15 pm

Jul 1 – Aug 26 9 classes

R \$36 **NR** \$45

Wednesdays • 10:30 – 11:30 am

Jul 3 – Aug 28 8 classes

R \$32 **NR** \$40

Wednesdays • 6 – 7 pm

Jul 3 – Aug 28 9 classes

R \$36 **NR** \$45

No class on July 10

Fridays • 11:45 am – 12:45 pm

Jul 5 – Aug 30 7 classes

R \$28 **NR** \$35

No class on July 12 or 26

Latin rhythms and easy-to-follow moves create a dynamic and exciting workout designed for those over 50.

Zumba Gold – Chairs

Tuesdays • 12:30 – 1 pm

Jul 2 – Aug 27 8 classes

R \$24 **NR** \$32

No class on July 9

Chair Zumba takes the same beats and moves as traditional Zumba and modifies them for exercising and dancing in a seated position.

Zumba Toning

Mondays • 7:25 – 8 pm

Jul 1 – Aug 26 9 classes

R \$27 **NR** \$36

Tone your body to the same great music and less cardio. Bring 1 to 3 lb. weights or Zumba Toning Sticks.



LEETE-STEVENS
FAMILY FUNERAL HOMES & CREMATORY



Pre-Arrangement Counseling
Bereavement Support
Complete Burial and Cremation Services

Since 1881 we have offered service
with distinction in the Enfield, Somers
and Windsor Locks communities.

Leete-Stevens Enfield Chapels
61 South Road • Enfield • 860-749-2244

Somers Funeral Home
354 Main Street • Somers • 860-749-8413

Windsor Locks Funeral Home
441 Spring Street • Windsor Locks • 860-623-3498

www.leetestevens.com

6 SeniorNet Computer Classes

R Residents **NR** Non-Residents

Log on at www.enfield-ct.gov scroll down to senior center

Basic Computer Skills

Wednesdays • 1 – 3 pm

July 10 – August 28 8 classes

R \$24 **NR** \$32

Perhaps you need a basic knowledge of computers in your workplace or your children and grandchildren would like you to be able to e-mail them. Whatever the reason, join us to learn the basics. If you're brand new to computers, this class will give you a good start. You'll begin with turning the computer on, using the mouse and keyboard and will advance to learning basic skills.

Beyond Basics

Tuesdays • 10 am – Noon

July 9 – August 27 8 classes

R \$24 **NR** \$32

After learning the basics, this class will go further to give you a fundamental understanding of Windows, Word, the Internet and e-mail usage. *Prerequisite: Basic Computer Skills or similar computer experience.*

Computer Fun

Thursdays • 1 – 3 pm

June 13 – July 25 6 classes

R \$18 **NR** \$24

No class on July 4

Learn all the fun things you can do using Word 2007. See how to make a document interesting and colorful, with clip art, graphics, Word Art, and more. Use shortcuts for easy editing! We will explore a variety of internet games and other software. *Prerequisite: Basic Computer Skills or similar computer experience.*

Computer Help Open Session

Wednesdays • 3 – 5 pm

Free

Maybe you're taking a class and need practice or you may have a question about your laptop, desktop or software. Bring any question during this open forum and have it answered. Everyone is welcome! No registration is necessary.

File Management

Mondays • 10 am – Noon

July 22 – 29 2 classes

R \$6 **NR** \$8

You'll learn all methods used by Windows to help you organize and track all of your files and make them accessible. *Prerequisite: Basic Computer Skills, or similar computer experience.*

How to Attach a Picture or File to an E-mail

Monday • 10 am – Noon

July 15 1 class

R \$3 **NR** \$4

Have you ever wanted to attach a picture or a document to an E-mail? If so, we can show you how in this 2-hour class. *Prerequisite: Basic Computer Skills, or similar computer experience, some knowledge of email is helpful.*

NEW! iPad Class

Monday • 1 – 3 pm

July 8 1 class

R \$3 **NR** \$4

Monday • 1 – 3 pm

August 12 1 class

R \$3 **NR** \$4

This class will explore the i-Pad and its many basic functions. This class will use different resources and class discussion to explain the different functions used on the i-Pad. The class is for beginners and those seeking to become more familiar with their device.

NEW! iPhone Class

Monday • 10 am – Noon

July 1 1 class

R \$3 **NR** \$4

Monday • 1 pm – 3 pm

July 1 1 class

R \$3 **NR** \$4

Monday • 10 am – Noon

August 12 1 class

R \$3 **NR** \$4

This class will explore the i-Phone and its many basic functions. This class will use different resources and class discussion to explain the different functions used on the i-Phone. The class is for beginners and those seeking to become more familiar with their device.

iPad User Group

2nd Monday of the Month • 1 – 2 pm

Monday, June 10 1 class

Free

Monday, July 8 1 class

Free

Monday, August 12 1 class

Free

If you use an iPad, you know how much you can learn about Apps. from other people who use them. Bring an article you have downloaded or a tip you would like to share or information on any interesting Apps. you're using.



Kindle Fire Loan

Through the generous donation of three Kindle Fire tablet computers, we are able to

loan them to participants for use in the Senior Center. Please leave a credit card or driver's license at the front desk and try it out. The tablet is to be used in the Senior Center and not to be removed from the premises. Your credit card or driver's license will be returned to you when you return the computer.

Scanning & Basic Photo Editing

Wednesday • 10 am – Noon

July 24 1 class

R \$3 **NR** \$4

Learn how to use photo editing software to enhance your photos. Brighten pictures that are too dark or lighten overexposed photos to bring out details. Learn to crop, resize, fix red-eye and improve the image. Participants should bring two or three photographs to scan and edit. *Prerequisite: Basic Computer Skills or equivalent computer experience.*

Snipping Tool – Cut & Paste from the Internet

Wednesday • 10 am – Noon

July 31 1 class

R \$3 **NR** \$4

Recipes, news stories, book reviews - you name it. Sometimes the easiest way to save a copy of something is to simply take a snapshot of your screen. Snipping Tool captures a screen shot of anything on your desktop, like a picture or a section of a webpage. Snip a whole window, a rectangular section of the screen, or draw a freehand outline with your mouse to capture an image. Then you can annotate, save, or e-mail the image using buttons right in the Snipping Tool window. *Prerequisite: Basic Computer Skills or equivalent computer experience.*

Word 2007

Thursdays • 10 am – Noon

July 11 – Aug 29 8 classes

R \$24 **NR** \$32

This class is for the senior working adult seeking to refine their skills with MS Word 2007. *Prerequisite: Working knowledge of MS Word 2007 or Basic Computer Skills.*

Creative Doodling

Mondays • 10 am – Noon

June 10

R \$5 **NR** \$6

June 17

R \$5 **NR** \$6

It's easy! Even if you have no experience, you can create a beautiful image using only a pen and paper. It is relaxing and fun. Give it a try.



Button Bracelet

Monday • 10 am – Noon

July 22

R \$5 **NR** \$6

Using embroidery floss and buttons you can create a stylish bracelet. Bring in some 2 - 4 hole buttons, or use the buttons provided. And go home with a one-of-a-kind piece of jewelry.

Card Making

Fridays • 9:30 – 11:30 am

June 14 & 28..... 2 classes

R \$8 **NR** \$10

July 26 1 class

R \$4 **NR** \$5

August 23 1 class

R \$4 **NR** \$5

We'll make the following: June 14 – Red, White & Blue; June 28 – Pocket Cards; July 26 – Christmas in July; August 23 – Halloween & Thanksgiving

Ceramics

Thursdays • 9 am – Noon

June 6 – 27 4 classes

R \$16 **NR** \$20

Learn ceramics, from preparing greenware to finishing or firing the piece. Greenware & firing are extra.

Crocheted Beaded Necklace

Monday • 10 am – Noon

August 12

R \$5 **NR** \$6

All you need is a basic knowledge of crocheting and you can make a beautiful lightweight beaded necklace to brighten up any outfit. You may bring your own color choice of beads. The beads supplied are limited in color and texture.

NEW! In The Pink Basket

Thursday • 12:30 – 4:30 pm

June 6 1 class

R \$6 **NR** \$7

Weave this rectangular-shaped basket with a unique rim. Basket may be woven with your choice of colors. Basket measures 4" x 10". Materials fee of \$10 payable to instructor.

Jewelry - Mornings

Fridays • 9:30 – 11:30 am

June 21, July 19 & August 16

R \$4 **NR** \$5 per class

Jewelry - Evenings

Thursdays • 5:30 – 7:30 pm

June 20, July 18 & August 15

R \$4 **NR** \$5 per class

Make a bracelet, necklace or earrings, or restore a cherished piece of jewelry. Create special one-of-a-kind gifts and beaded accessories from our instructor's huge selection of beads.



Jewelry Workshop

Thursday • 1:30 – 7:30 pm

July 18..... 1 class

R \$10 **NR** \$11

Class fee includes a light dinner.

Spend the afternoon and evening relaxing and crafting beautiful one-of-a-kind jewelry pieces to give as gifts or to treat yourself.



Make It & Take It Scrapbook Page

Tuesdays • 1:30 – 3:30 pm

June 18, July 16 & August 20

R \$3 **NR** \$4 per class

Create pages to showcase special photos. Different themes and techniques will be used.

Scrapbook Crop

Tuesdays • 1:30 – 4 pm

June 4 & August 6

R \$3 **NR** \$4 per class

Join us to share ideas, organize your photos and get them into your scrapbooks.

Scrapbook & Card Making Workshop

Friday • 9 am – 3 pm

June 7 and August 9

\$5 per person for each workshop

Bring your supplies and join us for an all-day scrapbook and card making workshop. Finish your holiday cards or scrap your backlog of photos. Some tools will be provided to share. Get your ticket early to guarantee a seat, as space is limited. Tickets available in office

Italian Culture Series

Monday, June 3 • 5 – 7 pm

This program is free

Learn about the language, culture and historical background of Italy. Taught by native speaker, Anthony Trichilo, you will explore the country in a fun and relaxed atmosphere. Class meets on the first Monday of the month.

8 Trips

SAVE THE DATES! Stop by for trip flyers with more detailed information
Please note that return times are approximate. *Trip details, dates, and pricing subject to change.*

**From a DAY TRIP to a
3-DAY JAUNT to a
MULTI-DAY ADVENTURE, we've
got a trip tailored for you!**

DAY TRIPS

A Taste of Maine, July 10, 2013 – This day trip will start with a leisurely ride to Mike's Clam Shack, in Wells, Maine, for a lobster bake lunch including: Clam Chowder, Steamers, Choice of: 1 1/8 lb. lobster, Fried Clam Dinner, or Prime Rib. All of these are served with Corn on the Cob, Hot Rolls & Butter, Baked Potato, Blueberry Crisp for dessert, and beverage. After this great meal, we continue north to Kennebunkport, where you'll enjoy a 90-minute guided tour of Kennebunkport, before having some free time to explore the shops in town. Cost: \$104 pp, Departure Time: 7:45 am, Return Time: 8:00 pm. Reservations are on sale now!

Block Island – July 24, 2013 – Enjoy the summer sunshine while touring Block Island. Our ferry ride to Block Island will depart from Point Judith, RI. Upon arrival on the Island, you'll board a local sightseeing bus to learn about the community and natural history of the Island. Following your tour, lunch will be served at the National

Hotel, a beautifully restored Victorian hotel, centrally located in Old Harbor, famous for its oceanfront porch. Cost is \$120 per person. Departure time: 7:30 am. Return time: 8:00 pm. Reservations are on sale now!

3-DAY JAUNTS

Cape Cod, Nantucket & The Boston Pops, August 11-13, 2013, 3 days Enjoy Cape Cod's largest cultural event with a wonderful concert by the Boston Pops, featuring Keith Lockhart, conducting. As an added bonus, you'll also tour Nantucket Island. Cost: \$529 pp/dbl. Reservations are on sale now!



New Hampshire Autumn Rail & Sail, September 29 – Oct 1, 2013, 3 days This is peak foliage time in New Hampshire. Enjoy the activities of Indian Head Resort, shopping in North Conway, Cruise on Lake Winnepesaukee, and enjoy a scenic train ride through the White Mountains. Cost: \$469 pp/dbl. Reservations are on sale now!

MULTI-DAY ADVENTURES

Western Frontiers, Aug 20-29, 2013, 10 days/9 nights – Mt. Rushmore, Yellowstone, Grand Teton, and Badlands National Parks, Jackson Hole Valley, Devil's Tower, and a Salt Lake City tour are some of the sites you'll enjoy on this western adventure. Cost: \$3169 pp/dbl. Reservations are on sale now!

Mediterranean Cruise, October 1-14, 2013, 14 days/13 nights – Board Norwegian's Cruise Ship in Barcelona, Spain for a once in a lifetime adventure! Trip destinations include: Toulon, France; Florence, Pisa, Rome, Naples, Pompei, Sorrento and Venice Italy; Athens and Mykonos, Greece; Istanbul and Ephesus, Turkey. Cost \$3949 pp/dbl/inside cabin. Reservations are on sale now!

Charleston, Savannah & Jekyll Island, October 4-9, 2013, 6 days/5 nights – Trip Highlights Include: Charleston Dinner Cruise, Historic Guided Charleston Tour, Admission to Charleston Home & Garden Tour, Magnolia Plantation & Gardens, Dinner at Charleston Restaurant, Dinner at Mrs. Wilkes' Dining Room, Dinner at Pirates' House, Dinner at Jekyll Island Club, Savannah Trolley Tour Pass, Mercer-Williams House, and Jekyll Island Tram Tour. Cost: \$2399 pp/dbl. Reservations are on sale now!

TOURS Of Distinction

Since 1971

**HELPING ENFIELD'S SENIORS DISCOVER AND
ENJOY NEW HORIZONS THROUGH TRAVEL**

**CUSTOM GROUP TOURS & CRUISES
FAMILY REUNIONS ~ GROUP FUND RAISERS**



**EAST WINDSOR, CT • www.toursofdistinction.net
PHONE: (860)627-0199 • TOLL FREE: (860)426-4324**

Kindred
Transitional Care
and Rehabilitation
Parkway Pavilion



SPECIALIZING IN:

- Pulmonary Rehabilitation
- Orthopedic Rehabilitation
- Post-Acute Care
- Short Term Rehab & Long Term Care



Chantale Bellavance – Admissions Coordinator
Marisa Jones – Executive Director

**1157 Enfield Street | Enfield, CT
860-745-1641
parkwaypavilion.com**

We Accept Most Major Insurances!

Winter Escape Cruise, January 5-17, 2014 – Depart from the NY pier to explore the following islands: San Juan, St. Thomas, St. Maarten, St. Lucia, Barbados and St. Kits. Discounted rate: \$1949 pp/dbl/inside cabin. The discounted rate expires on July 1, 2013. Reservations are on sale now!



London & Paris, April 24 – May 1, 2014 – Experience two of the world's most popular cities on this 8-day fabulous tour. Tour highlights include; Buckingham Palace, Big Ben, London Theatre Performance, Eurostar Train, Eiffel Tower Dinner, Seine River Cruise, Arc de Triomphe, Paradis Latin Cabaret. Discounted Rate: \$3499 pp/dbl occupancy. The discounted rate expires on October 24, 2013. An informational meeting on this trip is scheduled for August 22, 2013, at 2 pm, at the Senior Center. Reservations are on sale now!

Seminars

Please register in advance for all seminars at the Senior Center office or call 860-763-7425. Assistive Hearing Devices are available in the front office for all programs.



Coin Collecting

Wednesday, June 5 • 1 pm

Blair Soucy is the Vice President of the Bristol CT Coin Club and a life member of American Numismatic Association. Blair will provide a general overview of coin and currency collecting. If you would like to discuss the value and rarity of your coins, feel free to bring them in to see what they are worth.

Arthritis Management and Joint Replacement

Thursday, June 13 • 6 pm

Presented by Carmine Ciccarelli, MD
Sponsored by Touchpoints at Chestnut
Learn the types of arthritis and treatment options. An overview of the joint replacement process and rehabilitation options pre and post surgery will be provided.
Refreshments will be served.

Medicare 101

Wednesday, June 19 • 1 pm

John Silliman of Aetna Retiree Services will provide a comprehensive overview of the Medicare program. This will cover original Medicare, Medicare Advantage, and Medigap – Medicare supplements, as well as prescription drug coverage.

Big Y Heart Healthy Eating Tour

Friday, June 21 • 10 am

Registered Dietician Kittie Spedding will lead a tour of the Enfield Big Y pointing out heart healthy choices. After the tour, a healthy snack will be served in the Café. Participants must register in the Senior Center office. Attendance is limited. Meet in the Café at the Enfield Big Y at 10 am.

Medicare and Medicaid and Health Care Services

Wednesday, June 26 • 1 pm

Presented by Anna Sung, Director of Reimbursement at Evergreen Health Care Center

Participants will get a general overview of Medicare and Medicaid benefits as they relate to health care services for those over 65 or disabled. Learn about eligibility, limitations, misconceptions and the answers to your questions.



PRIMARY EYE CARE CENTER

- Comprehensive Eye Exams
- Cataract Surgery
- Glaucoma, Cornea & Oculoplastics
- Eyeglasses & Contacts

The Eye Surgery Center

State of the Art Surgical Center on Premises at our Bloomfield Location

James Castner, M.D., Kevin Dinowitz, M.D., James Pasternack, M.D.

WWW.PRIMARYEYECARECT.COM

860-243-2020

860-741-7010

860-677-2595

860-688-1549

4 Northwestern Dr
Bloomfield

115 Elm Street
Enfield

44 Dale Road
Avon

1080 Day Hill Rd
Windsor

* Most Insurance Plans Accepted *

Want to Reach Seniors?



ADVERTISE TODAY

Call:

Senior Center Communications, LLC

508-361-7000

Connecting Seniors with Consumer Brands through Senior Center Communications

Email: advertise@scccentral.com

www.seniorcentercommunications.com

10 Programs & Services at the Senior Center & Community

CT Department of Social Services Assistance

5 N. Main Street, Enfield
860-253-9024 x2272

Help with all state assistance programs.

Enfield Adult Day Center

860-763-7537

Enfield Grandparents Raising Grandchildren Support Group

860-253-5144

Enfield Housing Authority

860-745-7493

Foodshare Mobile Unit

860-741-2886

Food Shelf

860-741-7321

ITNNorthCentralConnecticut

860-758-7833

Alternative transportation for seniors and visually impaired adults.

Loaves and Fishes Soup Kitchen

860-741-0226

Neighborhood Services

860-253-6396

Help with all entitlement programs.

Ask the CPA

Wednesday, June 5 • 9 am – Noon

If you have an IRS notice that needs attention or have a question regarding taxes, Jack Welch, CPA will be available at the Enfield Senior Center for free 15-minute private appointments. You may also wish to discuss pensions, annuities, or other wealth management issues. Have your personal accounting questions answered. There is no charge for this assistance. Please call the Senior Center office to schedule your appointment.

Ask The Financial Professional

Tuesday, June 25 • 10 am – Noon

John Dee, President of Wealth Preservation Group Inc., will be available for 15-minute private appointments to answer your personal money questions. Whether you are looking for safe

alternatives for your nest egg or trying to protect your money from probate, unnecessary taxes and nursing homes, you'll get your questions answered on the fourth Tuesday of the month. Call the Senior Center at 860-763-7425 to schedule your free appointment.

Ask the Lawyer

Wednesday, June 26

10 am – Noon

Attorneys Marcia Hess and Neil Kraner will be available for 15-minute private appointments at the Enfield Senior Center on the last Wednesday of every month. Call the Senior Center office for your free appointment. There could be a little waiting, because some appointments may take a little longer than others, but this is a great opportunity to have questions answered.

Community Café

Weekdays at Noon

Reservations: Call 860-763-7428 by noon the day before and leave message.

A hot, full-course meal is served daily in the Senior Center Dining Room. Menus are available in the Senior Center lobby and on our website. Suggested donation is \$2 and you must be age 60 or over.

Dial-a-Ride

Enfield Senior Center • 860-272-3545

Transportation for Enfield residents over the age of 60 and/or permanently disabled to destinations within town; and, through volunteers, to out-of-town medical appointments.

Driver Safety Classes

The next class will be on Thursday, June 27 • 1:30 – 5:30 pm

AARP sponsors monthly driver safety classes at the Enfield Senior Center on the fourth Thursday of the month. The cost is \$12 for AARP members and \$14 for non-members of AARP. Please register by calling 860-763-7425 and bring a check payable to AARP on that day.

Friends of the Enfield Senior Center

The Friends of the Enfield Senior Center, a nonprofit 501(c)(3) organization, was organized to raise funds in support of the Enfield Senior Center. Members sponsor

the Senior Lifestyle Expo in the spring, schedule trips each year, and accept donations and memorials to further the mission of the Senior Center. A portion of their funds is generated by the Tuesday evening Bingo game, and donations are used to purchase needed items for the Center.



Internet Access

Bring in your laptop and take advantage of our wireless internet access.

Legal Consultation

Tuesday, June 18 • 10 am – Noon

If you have a general legal inquiry or a question about wills, estates, real estate or elder law, schedule a free appointment at the Enfield Senior Center with Bridgid Murray or Russ Tyler of Tyler & Tyler, Attorneys at Law.

Little Treasures Gift Shop

Open during Senior Center hours

Shop for baby outfits, blankets, afghans and other gift items handcrafted by our talented group of seniors, as well as small trinkets and vintage treasures.

Meals on Wheels

Office at Enfield Senior Center • 860-763-0400
leave a message

Daily meals and light suppers are delivered weekdays to homebound seniors. Call Coordinator for information.

Medical Equipment Loan Closet

Elevated toilet seats, commodes, bath transfer benches, walkers and other medical equipment are available at the Senior Center on loan, free of charge, for up to eight weeks.

Medicare & Part D Assistance

Fridays • 9 – 11 am by appointment

Trained CHOICES volunteers offer information about Medicare supplemental insurance and Part D.



AARP Chapter 3062 Meeting

Thursday • 1:30 pm

Installation Meeting - held offsite

Monthly Potluck Supper

Wednesday, June 12 • 5:30 pm

PRESIDENT: Evie Wheat 860-745-3856

TRIPS: Evelyn Lesniak 860-749-8798

Stacia Lesniak 860-749-3714

Current Events Discussion Group

Monday, June 10 and 24 • 10 am

Join our group for lively discussions of world events on the second and fourth Monday of each month. New members welcome.

Enfield Single Seniors

Wednesday, June 19 • 6 pm

Join our group in the Senior Center Dining Room for: Socialization, icebreakers, outings and just plain fun on the third Wednesday of each month. For information, call Ben Perreault, Coordinator 860-745-4261.

Goldtones Choral Group

Thursdays • 10 am

Lend your voice to this friendly group. Throughout the year, the group entertains at area nursing homes and senior centers and presents concerts at the Enfield Senior Center.

Investment Club

Thursdays, June 13 and 27 • 2 pm

Share information and discuss smart investment strategies. No money is collected or pooled, as this group meets for discussion only, on the second and fourth Thursday of each month.

Polish Conversation Group

Thursday, June 20 • 2 pm

If you speak Polish, but don't often get a chance to use it, please join our group to converse with others and enjoy your Polish heritage on the third Thursday of each month.

Train Club

Tuesday, June 25 • 6:30 pm

A hobby club for train enthusiasts. Socialize with others who share your interest in trains on the fourth Tuesday of each month.

Book Discussion Group

Tuesday, June 18 • 5 pm

The June book is:

The Memory Keeper's Daughter

by Kim Edwards

Books are placed on reserve at the Enfield Public Library and are available the first week of any given month. Please return books the day after our book discussion meeting, which occurs on the third Tuesday of each month. *Available in large print at the Enfield Public Library.*

2012-2013 Annual Appeal April 2013

The Friends of the Enfield Senior Center 2012-2013 Annual Appeal Donor List

Esther Alaimo	Robert Finnan	Marylyn Leander	Jean Saso
Louis Barbero	Doris Ford	Stephanie Levine	Lucy Scalia
Paul & Joan Beaulieu	Gerene Gamba	Elsie Locke	Carmel Skarzynski
Josephine Bellew	Edward Golan	Judy Locke	Fran & JoAnn Slattery
Eugene Berman	Robert & Caroline Gray	June Lord	Richard & June Smeltz
Julia Burk	John Gurney	Mary & George MacDonald	Victor & Joan Smilgys
Barbara Burns	Carlos & Edna Gutierrez	Joan & Jim Manning	Jeanne Smith
Dolores Campo	Mary Hastings	John & Laura Manning	Richard Smith
Jackie & Jerry Chaput	Joyce & Jim Henderson	Lew Martin	Janet Spencer
Brad & Ann Chase	Diane Hoctor	Shirley McKiernan	Edwin Staszko
Arthur Cote, III	Amelia Hottin	Peggy Mokus	Norma Stephens
Donald Cowels	Mary Ivanisin	Leo & Rita Nadeau	Mae Sullivan
Janet D'Aleo	Jack Jacobson	Donald & Claire Neild	Jean Tarr
Edward Davis	Ann & Sam Kaplan	Josephine Noto	Vernon Taylor
Mike DeLisa	Roger & Rolande Kelting	Nancy O'Konis	Pete & Gloria Tenerowicz
Jean DiCesare	Leona Kempton	Patricia Olsen	Tops CT 0191 Enfield
Anthony & MaryJo Diorio	Shirley Knox	Elaine Olson	Rosemary Tweeddale
John & Eileen DuBois	Carol Krochmal	Lauretta O'Toole	Art & Janet Usher
Cheryl Dunne	Chester & Leona Krzynowek	Pat Paklos	Bill & Judy VanOrden
Nancy Dyer	Dolores Lachendro	Armand & Vilma Parenteau	Jeanne Wahl
Enfield Chapter #3062 AARP	Roberta Ladd	Harry Parlee	Leslie Ward
Enfield Lions Club	Jean & Raymond Langan	Elizabeth Pelletier	Phyllis Weeks
Linda English	Jeanette Lareau	Bev Perkins	Robert & Barbara Wilson
Chet & Ann Falkowski	Loretta Larsen	Warren & Nancy Poole	The Women's Club of Enfield
Henry & Irene Falkowski	Gret Lathrop	Rosaire & Carmen Roy	

THANK YOU FOR YOUR GENEROSITY!

12 Clinics, Screenings & Support

Alzheimer's Caregiver Support Group

Tuesday, June 18 • 1 pm

If you are caring for someone with Alzheimer's Disease, you have unique concerns and issues. Visiting Nurse and Health Services of Connecticut will provide a monthly facilitated support group to help you find the resources and care you need. Every third Tuesday, meet with others who understand.

Bereavement Support Series

This group, facilitated by trained grief counselors from Home & Community Health Services, Inc., offers support for anyone who has suffered loss. Call 860-763-7600 to sign up or obtain more information.

Bereavement Support - Ongoing **2nd and 4th Monday • 5:30 pm**

If you feel that you need occasional support through difficult times or ongoing support in the evenings, this new group will provide the care that you need. Call 860-763-7634 for more information and to register. This group is provided by Home & Community Health Services.

Blood Pressure Screenings **Wednesdays • 10:30 am – Noon**

Free blood pressures are taken by Visiting Nurse & Health Services of CT and Home & Community Health Services, Inc. No appointment needed, just stop in.

Blood Pressure Screenings - Evenings

Wednesday, June 12 • 5 – 6 pm

Stop in for this free service provided by Visiting Nurse & Health Services of CT.

Chair Massage and Reflexology **Fridays, June 7 and 21 • 1:30 – 3:45 pm** *by appointment*

Karen Anderstrom, Licensed Massage Therapist, brings two forms of complementary therapies to the Senior Center. Karen, who specializes in geriatric massage, will be available for Reflexology and Chair Massage. In Reflexology, gentle pressure is applied to specific points of the feet during the foot massage. Benefits include relaxation and stress reduction and Reflexology may improve circulation. Chair Massage helps to relieve stress and muscle relaxation. You can book a 30-minute appointment by calling the office. The cost is \$25 and is payable at the time of the appointment.

Ask the Physical Therapist

Tuesday, June 4 • 9 am

Sponsored by Johnson Memorial Medical Center, Physical Medicine and Rehabilitation

On the first Tuesday of each month, a Physical Therapist will visit the Center. Please call to schedule a private 15-minute appointment and ask any questions you would like. This month's focus will be on total joint replacement.

Diabetes Support Group

Thursday, June 13 • 1 – 2 pm

Sponsored by Johnson Memorial Medical Center.

If you or a loved one live with Diabetes and are looking for more help from others who share the same problem, then please join us. We meet the second Thursday of every month.

Foot Care Clinic

Friday, June 14 • 8:30 am – 3 pm

by appointment only

Registered nurses from Pedi-Care trim nails and check for foot health problems. Cost is \$29. Home visits available for homebound seniors for an additional cost.

Foot Care Clinic - Evenings

Wednesday, June 12 • 1 – 7:30 pm

by appointment only

This same wonderful service is now available with convenient evening hours. Cost is \$29.

Gluten-Free Support Group

Wednesday, July 17

6:30 – 7:30 pm

Facilitated by Michelle Mattia, Registered Dietitian from Shop Rite of Enfield.

Share challenges, successes and helpful tips with others. Meetings will be held the third Wednesday of every other month at the Enfield Senior Center. Light refreshments are served. Please RSVP to insure that enough gluten-free samples will be available. Contact Michelle at 860-253-4173 or michelle.mattia@wakefern.com.



Mature Driver Safety Program Screening Day

Friday, June 28

by appointment only

The Injury Prevention Center of Hartford Hospital is offering a Mature Driver Safety Program Screening Day at the Enfield Senior Center. This grant-funded program is a way for drivers to assess their own safety abilities related to driving. They screen for visual, physical and cognitive abilities that are known to decline as we get older. The results may serve as a baseline or indicate the need to make some changes to improve or modify driving habits. The screening takes one hour and is an individual appointment. The information is confidential and is not reported to the Department of Motor Vehicles or any insurance company. A \$5 Dunkin Donuts gift card will be provided for participation. You can see more information about the program at www.harthosp.org/driversafety. This program was featured on Better Connecticut.

Stroke Support Group

Tuesday, June 11 • 10 am

Join others for support, friendship, laughter and education. Facilitated by Visiting Nurse & Health Services of CT, Inc. If you have any questions, please call: Sandie Pino, MSW, LCSW. Visiting Nurse & Health Services of CT 860-872-9163.

T.O.P.S.

Wednesdays • 1:30 – 3 pm

Take off pounds sensibly. Meet with others for support and strategies for losing weight.

Ongoing Programs

This Newsletter was Sponsored by:



13

PROGRAM	DAY	TIME
ONGOING RECREATION		
Billiards Three championship tables are available for daily games. Come in anytime to play.	Every Day	
Bridge Drop in for contract bridge.	Thursdays	12:30 - 3:30 pm
Canasta If it's been awhile since you've played, we'll help refresh your skills for this enjoyable game.	Mondays	10 am - Noon
Cribbage Learn the game, brush up your skills, and spend an enjoyable afternoon playing.	1st & 3rd Mondays	1 - 3 pm
Friday Afternoon Dominoes Please bring your own set of dominoes and join others for a fun game.	Fridays	1 pm
Fun Bingo An informal game with small cash prizes.	Wednesdays	10:30 - 11:30 am
Hand & Foot No need to register. Just drop in.	Thursdays	12:45 pm
Mahjong All levels welcome.	Wednesdays	1 - 3 pm
Pinochle Others will help if you haven't played in awhile.	Wed. & Fri.	12:45 - 4 pm
Scrabble	Tuesdays	1 pm
Setback Join us for instruction and play.	Tuesdays	12:45 - 3:45 pm
Wii Bowling - We will begin at 5 pm by choosing teams and then the play begins. Bring your best game.	Thursdays	5 - 8 pm
ONGOING ARTS & CRAFTS – PROGRAMS ARE FREE		
Busy Fingers if you like to knit or crochet, join this group. Create items for the Little Treasures Gift Shop and craft fairs.	Wednesdays	10 am - Noon
Embroidery All skill levels of needle workers are welcome to make items for themselves or the Center Gift Shop.	Wednesdays	9 - 11 am
Heritage Group This group works on sewing, knitting, crocheting and craft projects throughout the year. Craftspeople of all skills and interests are welcome to join.	Tuesdays	10 am - Noon
Sassy Sewers Quilters and sewers! Come and share ideas, swap fabric, and show and tell.	2nd & 4th Tuesdays	1 - 3 pm
Woodcarving Meet in the Game Room to carve away the morning, share ideas, and swap patterns and techniques. All levels welcome.	Tuesdays	9 am - Noon

Bingo • The Tuesday evening games begin at 6:30!

Play a \$150 Early Bird Bonanza, 4 \$100 specials, winner-take-all weekly progressive up to \$2000 and a free quickie game. Purchase a minimum of three strips for \$15. Ice cream sundaes are available for purchase at intermission. Have fun and help us out at the same time! All proceeds benefit the Senior Center programs and services. *Assistive Hearing Devices are available in the front office.*

Tuesday Night Bingo Supper • 5 – 6 pm

Come early and start the evening off with a tasty supper at a reasonable rate. Choose from grilled cheese, hot dogs, hamburgers, onion rings and fries or a weekly special. Top it off with a tempting selection of desserts! You don't need to play Bingo to enjoy!

Memorial Donations

Memorial Donations are a meaningful way to remember a loved one while helping others. We gratefully acknowledge those who have recently made memorial donations in April, 2013.

*In Memory of
Louise Christensen
from Bill Christensen*

*In Memory of
Mr. Figella
from Cora Figella*

*In Memory of
Elsie Krauss
from June Lord*

*In Memory of
Norma Spusta
from Ron & Charlene Biathrow*

*In Memory of
Herman Cormier
from Eileen Cormier and
Mr. & Mrs. Kenneth Lange*

*In Memory of
Frank D. Gawle
from Janet Gawle*

*In Memory of
My Best Friend Margaret
from Mae Grigely*

*In Memory of
Pat Thibodeau
from Elsie & Charles Flugel*

*In Memory of
Arun Dave
from Minaxi Dave*

*In Memory of
Walter Golaski
from Carole Golaski*

*In Memory of
Paul
from Judith Thibodeau*

*In Memory of
Doug Winter
from Mike Arnone*

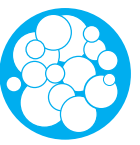
*In Memory of
Lillian Della Rocca
from Cathy McCarthy*

*In Memory of
Elizabeth Javorski
from Robert Javorski*

*In Memory of
Normand H. Prior
from Lillian Prior*

*In Memory of
Charles Wood
from Lillian Wood*

Thank you for remembering the Senior Center.



Want to Reach Seniors?
ADVERTISE TODAY

Call: 508-361-7000

Email: advertise@scccentral.com

Senior Center Communications, LLC

Tyler & Tyler
ATTORNEYS AT LAW

General Practice of Law, including Wills,
Estates, Elder Law, Real Estate, Family Law

92 High Street • P.O. Box 3426
Enfield, CT 06083-3426

860-745-0832 • 860-745-4657 fax

www.TylerandTyler.com

A to Z

Moving & Storage, Inc.

"We Guarantee Experience, Careful Attention, and
Follow Through, From Estimates To Packing To Moving."

No Job is Too Small or Too Large • Individuals & Businesses

Owner Operated Since 1985 • Fully Licensed

"Happy Feet Move Faster"

Phone: 413-736-4440 • E-mail: a-zmovers@a-zmovers.net
www.a-zmovers.net

Rogers Memorial Studio

724 Enfield Street, Enfield, CT

(860) 745-2464

HAZARDVILLE
Roofing Co., Inc.

www.hazardvilleroofing.com

FREE Estimates on Roofing & Gutters

Call for a Senior Discount

860-749-0224

CT REG.# 0503928 • MA REG# 165395 • MA CSL#103998

Insurance That Offers You Protection.

An Agent That Offers You Options.

With insurance ranging from Auto, Homeowners, Personal
Liability Umbrella to Camping Trailers, State Farm® has the
coverage for you. Call me for the insurance protection you need.



Jo Ann Walk, Agent
131 Elm Street
Enfield, CT 06082
Bus: 860-745-6500
joann@joannwalk.com



Some products and services not available in all areas.
P057001 State Farm Mutual Automobile Insurance Company - Bloomington, IL
01/06 State Farm Fire and Casualty Company - Bloomington, IL

Bill The Handyman®



No Job Too Small!

Interior or Exterior | Minor or Major

860-654-0180

Residential & Commercial Licensed Contractor

billthehandyman@aol.com • www.billthehandyman.com



GALE TOYOTA

50 Palomba Drive, Enfield

Senior Sales Specialist
New & Pre-Owned

Ted Laraway

860-416-7952 • 860-741-3761

**SPECIAL
SENIOR
DISCOUNTS**



<p>**All offers are valid "any" day of the week during regular business hours unless otherwise noted. Offers cannot be combined with any other offer. One Coupon or Offer with each party or group. Offers expire June 30, 2013 unless otherwise noted.</p>		 <p>FREE SANDWICH</p> <p>Purchase any sandwich and get 2nd sandwich of equal or lesser value free.</p> <p>at Enfield, East Windsor, Windsor Locks locations Expires June 30, 2013</p>		 <p>Mama Miro's Pizzeria Restaurant</p> <p>8 oz. Hamburger OR Jumbo Hot Dog OR Cold Cut Hero Plus Choice of fries/onion rings/ or cold slaw for \$5.95</p> <p>Expires 6/30/2013 Cannot be combined with any other offer or special.</p> <p>117 Hazard Avenue, Enfield M-Th 11am - 10pm • F-Sat 11am - 11pm</p>		 <p>Mama Miro's Pizzeria Restaurant</p> <p>FREE Cup of Soup w/\$5.00 purchase or more</p> <p>Expires 6/30/2013 Cannot be combined with any other offer or special.</p> <p>117 Hazard Avenue, Enfield M-Th 11am - 10pm • F-Sat 11am - 11pm</p>			
 <p>Senior Discount</p> <p>10% OFF</p> <p>One coupon per bill/ Cannot be combined with other offers. Expires 6/30/2013</p> <p>111 HAZARD AVENUE, ENFIELD</p>		 <p>10% OFF</p> <p>SENIOR CITIZEN DISCOUNT</p> <p>Junction of Rt. 5 & 140 East Windsor, CT 06088 860-623-9477 www.sofiasrestaurant.com</p> <p>Offer good for seniors only Cannot be combined with any other offer Dine-In Only Offer expires 6/30/13</p>		 <p>LARGE 1 TOPPING PIZZA \$6.99</p> <p>Pick-up or Delivery 14 Hazard Avenue, Enfield • Wc. Windsor 860-741-3016</p> <p>DEEP DISH EXTRA Offer Valid Sunday - Saturday Expires 6/30/13</p>		 <p>FREE DONUT</p> <p>With the purchase of medium or large coffee</p> <p>Offer valid at all Enfield Locations. Cannot be combined with any other offer. One coupon per visit. Expires 6/30/2013</p> <p>www.dunkindonuts.com</p>		 <p>You know when it's real.</p> <p>We have more than 10 ITEMS</p> <p>UNDER \$1.39!</p>	
<p>Want to Reach Seniors?</p> <p>YOUR AD COULD BE HERE!</p> <p>advertise@sccentral.com 508-361-7000</p>		 <p>\$7.00 Lunch Menu</p> <p>Serving lunch & dinner 7-days a week</p> <p>1658 King St. Enfield, CT 06082 Tel: 860-254-5778 www.yardehousetavern.com</p>		 <p>FREE DONUT with purchase</p> <p>Expires 6/30/13 920 Enfield Street 309 Hazard Avenue</p>		 <p>Super Coupon</p> <p>All Shoppers Must Present This Coupon To Receive Discount</p> <p>5% SENIOR DISCOUNT</p> <p>When You Spend \$25.00 or More.</p> <p>Tuesday Only Must be 65 Years or Older. \$</p> <p>With this coupon, and additional purchase of \$25.00 or more (Excluding fuel and items prohibited by law). Limit one per family. Good at any ShopRite. Effective thru Tuesday, June 25, 2013.</p>			

**JUNE IS
NATIONAL SAFETY
MONTH**

**BE SAFE AT HOME
BE SAFE AT WORK
BE SAFE ON THE ROAD**

*Practicing safety can
prevent injuries and save lives.*

Do your part to protect yourself, your family, your friends
and your coworkers. You make can make the difference.

Enfield Senior Center

June 2013 Newsletter

*Special Savings
& Discounts Inside*

Enfield Senior Center
299 Elm Street
Enfield, CT 06082



Visiting Nurse & Health Services of Connecticut

Comfort of Home Dedication to Care

Home Care Services Include:

- Cardiac Rehabilitation (In Partnership with Eastern Connecticut Health Network, Inc.)
- Community Support Groups
- Diabetic Care
- Elder Wellness Programs
- Geriatric Care Manager
- Home Health Aides-CNA
- Hospice and Palliative Care
- I.V. Therapy
- Lifeline
- Meals-on-Wheels
- Medical Social Work
- Nursing Services
- Psychiatric Nursing
- Rehabilitation Therapy
- Telehealth
- Wound Care



Visiting
Nurse &
HEALTH SERVICES
OF CONNECTICUT, INC.

860-872-9163 vnhs.org